

# ABLE Bodies Participant Homework for Session 10

## ***Flexibility***

- Seated Whole-Body Stretch—can you do some stretches standing by a chair or handrail?

## ***Strength for a Purpose***

On 2 days, do each exercise 8 to 12 times, as tolerated.

- Tall Sits—from session 1
- Add The Up and Up arm movements to your tall sits
- Teeter-Totter Chair Stands, one-legged style—see homework from session 4
- Standing Heel Raises—see if you can do it with offset feet, keeping your weight mostly over the back foot.
- Side Steps Walking or Clock Stepping

## ***Balance and Mobility***

As you walk the halls this week, think of our flashlight activity. Look ahead a little farther than you normally do. If this is difficult, have a handrail or counter nearby for balance support.

- Step and Stop

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## **STEP AND STOP**

### ***The Start***

- Stand with a chair or counter beside you, or stand in a corner with a chair or walker in front of you. It is fine to keep your hands on a balance support for this activity
- Place a ruler or small object in front of yourself. This will be your visual target for where to tap your foot.

### ***The Moves***

- Holding on to your balance support, place one foot on the target.
- Leave it there until you're comfortable, steady, and have your balance.
- When you are ready, bring that foot back beside the other and regain your balance.
- Repeat a few times with same foot.
- Do same with other foot.
- Step and get balanced; the hesitations give you time to get balanced before going on to the next move.
- When ready, alternate between right and left Step and Stops.
- Develop a cadence or rhythm to the stepping. Count or hum out loud. It really helps!